

## Robert Sweetgall, President, Creative Walking, Inc



Often called The Real Forest Gump, has walked and ran across America 7 times, and is the only person to have walked the 50 states (11,208 miles) in 365 straight days. Robert may also be the only person to have walked twice across Montana (Lookout Pass to Baker & vice versa) in consecutive years. Author of 19 books on walking, physical activity, active living & longevity, Robert has appeared on hundreds of talk shows (NBC Today, Evening Magazine, Regis & Cathy Live & NPR Radio & TV) and has spoken to over 1 million people worldwide. In his former life, Robert was an overweight Brooklyn boy nicknamed Butterball, a chocolate cheesecake lover, high school valedictorian, Dupont Chemical Engineer and ultra-marathoner. After a family history of heart disease, Robert gave up the cheesecake and his \$100,000 Dupont career job to walk-the-talk across America, speaking to 100,000 students and Americans about the benefits of active living. Years later *The Wall Street Journal* headline read, “*When Sweetgall Walks, People Listen.*” Now, Robert, living in the mountains (McCall, ID) and on the Salmon River, walks, gardens, and builds rock walls for his wife’s organic gardens. He also plays Pickleball & speaks nationally to all populations from students to senior citizens on walking & healthy active living.